



# Tobacco Prevention Resources

[www.utahquitnet.com](http://www.utahquitnet.com) facts



## Services Available

### **My Quit: Personal Quitting plan**

A road map for each user: Each time a user logs into Utah QuitNet, his/her starting point is a personalized “My Quit” page. This page summarizes site features she/he has used, makes suggestions as to what the next steps should be, and presents him/her with links to tailored quitting information and other self-assessments and tools.

**Quit Date Wizard:** This key tool walks users through the process of Setting a Quit Date. The date is combined with other information provided by the smoker to generate personalized help, such as a tailored Quitting Calendar & Journal. The Q-Gadget uses the quit date to calculate the savings in money and life expectancy for people who quit.

### **Community**

**Support Day and Night:** QuitNet is home to the world’s largest online community of smokers and ex-smokers helping each other to quit and to stay quit. This mutual support exists through clubs, threaded discussion areas called Forums, and small groups of “Buddies” who decide to support each other because of similarities in their personal profiles, quit dates or use of quitting medication.

### **Resources: Tailored to Utah Users**

QuitNet’s Quitting Guide features an individually tailored introduction and a comprehensive guide to quitting based in the information provided by the user. Users may also search for programs in their area using their zip code.

### **Expert Support: Individual Counseling**

**Expert Advice:** State certified counselors are on duty 7 days a week. They provide primary treatment, much like phone counselors. Counselors staff two expert forums for general

questions and another for medication related questions and discussions. One-to-One counseling is available up to 14 times a year in English and Spanish.

**Frequently Asked Questions:** Users can search over 350 frequently asked questions and answers.

**Self-Assessment Tools:** Utah QuitNet provides questionnaires that enable a smoker to assess his/her readiness to quit, level of addiction and stage of quitting. The user's answers triggers personalized responses and suggestions.

**Personalized E-mail support:** Users who have quit or set a quit date may choose to receive personalized quit tips and anniversary messages. The emails include the user's quitting statistics (quit date, money and lifetime saved, site usage), tailored quitting advice and, an NRT tip and coupon based on the user's reported medication use, QuitNet community management tools, and tobacco news. Anniversary messages are delivered over an 18-month period and celebrate all milestones.

### **Quit Med Support: Counseling, Facts & Discounted NRT**

**Medication Guide:** QuitNet's easy-to-read guide helps users sort out the pros and cons of different options in plain English!

**Medication Wizard<sup>SM</sup>:** The Wizard helps the user determine which, if any quitting medication is best for him/her, and provides dosing and usage information.

**Discounted NRT:** A coupon delivery system delivers targeted coupons to those who select the nicotine gum, nicotine patch or nicotine lozenge in their medication plan.

**Expert Counseling:** Special support forums and one-on-one counseling services are available for those who want help with medication use.

Utah QuitNet has a simple, but important mission: to help people in Utah quit using tobacco

On average, a support message is posted every minute of every day.

**On QuitNet, you are never alone.**

Text for this fact sheet was provided by QuitNet (<http://QuitNet.com>).

